Myfit.ca Printable Weight Loss Chart

Current Weight	
Starting Date:	
Daily Caloric Goal:	

ie. 225 pounds
Jan 1st, 2009
2500K cal

Date	Current Weight	Weights	Aerobic	5 6 Small Meals?	Calorie Intake	Eat Right?	Cheat
Start Diet 2009	*215 lbs*	*yes*	*yes*	*yes*	*1500 calories*	*yes*	*no*

Legend

Weights - Did you exercise today with weights

Aerobic - Did you do any aerobic exercise today? (30-60 minutes of activity recommended)

Calorie Intake - Approximately how many calories did you ingest?

Cheat - Did you have any bad food or skip meals? ie. Chips, soda, cookies, etc.

Don't know how many calories to have? You need to figure you're your BMR (Resting Metabolic Rate).

Visit : http://www.myfit.ca/weightlossguide.asp